

Figure 1. Survey: Exercise After Breast Reconstruction Surgery

1. To which gender identity do you most identify as? **(Response rate: 228 answered, 0 omitted)**
 - a. Male
 - b. Female
 - c. Prefer not to identify
 - d. Other (please specify)
2. What category best represents your age? **(Response rate: 228 answered, 0 omitted)**
 - a. Under 35
 - b. 35-44
 - c. 45-54
 - d. 55-64
 - e. 65 and older
3. How many years have you been in practice? **(Response rate: 228 answered, 0 omitted)**
 - a. Less than 5
 - b. 5-9
 - c. 10-14
 - d. 15-19
 - e. 20-24
 - f. 25 years or more
4. In which geographic region do you practice? **(Response rate: 228 answered, 0 omitted)**
 - a. New England (CT, MA, ME, NH, RI, VT)
 - b. Middle Atlantic (MD, NJ, NY, PA)
 - c. East North Central (IL, IN, MI, OH, WI)
 - d. West North Central (IA, KS, MN, MO, NE, ND, SD)
 - e. South Atlantic (DE, DC, FL, GA, MD, NC, SC, VA, WV)
 - f. East South Central (AL, KY, MS, TN)
 - g. West South Central (AR, LA, OK, TX)
 - h. Mountain (AZ, CO, ID, NM, MT, UT, NV, WY)
 - i. Pacific (AK, CA, HI, OR, WA)
5. Do you routinely perform breast reconstruction in your practice? **(Response rate: 228 answered, 0 omitted)**
 - a. Yes - allowed to continue survey
 - b. No – excluded from remainder of survey
6. What type(s) of breast reconstruction do you perform on a regular basis? Check all that apply. **(Response rate: 202 answered, 23 excluded from survey, 3 omitted)**
 - a. Implant reconstruction (subpectoral)
 - b. Implant reconstruction (prepectoral)
 - c. DIEP flap reconstruction (or other perforator autologous breast reconstruction)

- d. TRAM flap reconstruction
- e. Latissimus dorsi muscle flap reconstruction
- f. Other (please specify)

7. Approximately how many breast reconstruction operations did you perform in the last year? (**Response rate: 202 answered, 23 excluded from survey, 3 omitted**)

- a. 0 - 25
- b. 26 - 50
- c. 51 - 75
- d. 76 - 100
- e. 101 or more

8. Approximately what percentage of your patients do you prescribe physical therapy for after breast reconstructive surgery? (**Response rate: 202 answered, 23 excluded from survey, 3 omitted**)

- a. 0%
- b. 1 - 25%
- c. 26 - 50%
- d. 51 - 75%
- e. 76 - 100%

9. How soon after surgery do your patients start physical therapy? (**Response rate: 165 answered, 23 excluded from survey, 40 omitted**)

- a. Immediately
- b. 1-2 weeks postoperatively
- c. 2-3 weeks postoperatively
- d. 3-4 weeks postoperatively
- e. >4 weeks postoperatively
- f. Not applicable - I do not recommend that my patients participate in physical therapy

10. Do you provide the physical therapist with specific instructions regarding limitations? (**Response rate: 165 answered, 23 excluded from survey, 40 omitted**)

- a. Yes
- b. No
- c. I do not prescribe physical therapy

11. Do you provide your patients with specific instructions for post- operative exercises and limitations? (**Response rate: 200 answered, 23 excluded from survey, 5 omitted**)

- a. Yes
- b. No

12. Implant reconstruction (subpectoral): (**Response rate: 143 answered, 23 excluded from survey, 62 omitted**)

	Arm elevation above	Lifting > 10 lbs.	Returning to ADLs	Returning to light exercise	Returning to vigorous exercise/
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	shoulder				sports
<1 week					
1-2 weeks					
2-4 weeks					
4-6 weeks					
>6 weeks					

13. Implant reconstruction (prefectural) (**Response rate: 127 answered, 23 excluded from survey, 78 omitted**)

	Arm elevation above shoulder	Lifting > 10 lbs.	Returning to ADLs	Returning to light exercise	Returning to vigorous exercise/sports
<1 week					
1-2 weeks					
2-4 weeks					
4-6 weeks					
>6 weeks					

14. DIEP flap reconstruction (or other perforator autologous breast reconstruction) (**Response rate: 55 answered, 23 excluded from survey, 150 omitted**)

	Arm elevation above shoulder	Lifting > 10 lbs.	Returning to ADLs	Returning to light exercise	Returning to vigorous exercise/sports
<1 week					
1-2 weeks					
2-4 weeks					
4-6 weeks					
>6 weeks					

15. TRAM flap reconstruction (**Response rate: 50 answered, 23 excluded from survey, 155 omitted**)

	Arm elevation above shoulder	Lifting > 10 lbs.	Returning to ADLs	Returning to light exercise	Returning to vigorous exercise/sports
<1 week					
1-2 weeks					
2-4 weeks					
4-6 weeks					
>6 weeks					

16. Latissimus dorsi flap reconstruction (**Response rate: 109 answered, 23 excluded from survey, 96 omitted**)

	Arm elevation above shoulder	Lifting > 10 lbs.	Returning to ADLs	Returning to light exercise	Returning to vigorous exercise/sports
<1 week					
1-2 weeks					
2-4 weeks					
4-6 weeks					
>6 weeks					

17. Other type of breast reconstruction (**Response rate: 14 answered, 23 excluded from survey, 191 omitted**)

	Arm elevation above shoulder	Lifting > 10 lbs.	Returning to ADLs	Returning to light exercise	Returning to vigorous exercise/sports
<1 week					
1-2 weeks					
2-4 weeks					
4-6 weeks					
>6 weeks					

18. Do you think exercise can increase or decrease postoperative pain? (**Response rate: 194 answered, 23 excluded from survey, 11 omitted**)

- a. Increases

- b. Decreases
- c. Neither

19. Do you think physical therapy can increase or decrease postoperative pain? (**Response rate: 194 answered, 23 excluded from survey, 11 omitted**)

- a. Increases
- b. Decreases
- c. Neither

20. Who do you think should be responsible for discussing postoperative exercise/PT protocols with patients? (**Response rate: 194 answered, 23 excluded from survey, 11 omitted**)

- a. Plastic surgeon
- b. Oncologist
- c. Nurse
- d. Physical therapist
- e. Occupational therapist
- f. Online resource or society guidelines
- g. Other - please specify
- h. N/A

21. What are barriers to discussion about exercise/PT protocols with postoperative patients? (Select all that apply) (**Response rate: 194 answered, 23 excluded from survey, 11 omitted**)

- a. Limited knowledge on how or where to refer a patient
- b. Limited time during a patient visit
- c. Not feeling qualified to discuss exercise or PT with a patient
- d. Not convinced of the literature with respect to exercise or PT after breast reconstruction
- e. Do not feel exercise is relevant to the patient's postoperative care
- f. Feel that exercise/PT could lead to postoperative complications

22. Have you experienced complications with patients who return to physical activity within 4 weeks of surgery? (**Response rate: 194 answered, 23 excluded from survey, 11 omitted**)

- a. Yes
- b. No

23. What complications have you experienced with patients who return to physical activity within 4 weeks of breast reconstruction surgery? (Select all that apply) (**Response rate: 85 answered, 23 excluded from survey, 120 omitted**)

- a. Seroma
- b. Hematoma
- c. Wound dehiscence/delayed healing
- d. Capsular contracture
- e. Displacement of implant/expanders
- f. Autologous flap failure
- g. Infection

h. Other (please specify)